

Pathway to Prevention of Lower Urinary Tract Symptoms

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On May 3-4, 2014, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health conducted a multidisciplinary workshop entitled, "Path to Prevention of Lower Urinary Tract Symptoms [LUTS] in Washington, DC.

Dr. Tamara Bavendam, Senior Scientific Officer and Program Director Women's Urologic Health at NIDDK welcomed the meeting participants and introduced Dr. Griffin Rodgers, NIDDK Director who announced that he has approved a new PLUS network for the Prevention of Lower Urinary Tract Symptoms (LUTS) which is scheduled to start in 2015. The focus is on prevention and reframing lower urinary tract disorders as important and serious medical conditions with broad impact on health and not just as a quality of life condition. LUTS symptoms include frequent nocturnal urination (nocturia), frequent daytime urination, urgent urination, urgency urinary incontinence (UUI), stress urinary incontinence (SUI), pain and disorders of bladder emptying. Dr. Bavendam emphasized that populations to target for prevention trials include those engaging in behaviors that might contribute to future development of LUTS and those with early lower urinary tract disorders with symptoms that are not yet bothersome enough to seek care.

In this two-day conference, a multidisciplinary group of US and Canadian experts presented didactic lectures and participated in break-out sessions. Speakers emphasized the importance of ensuring community involvement in all phases of research on LUTS prevention including partnerships with stakeholder communities to ensure development of accessible and acceptable interventions with future focus on expediting pragmatic clinical trials to test real-world effectiveness.

Areas identified as high priority include:

Musculoskeletal issues to better understand OAB and stress incontinence

Mental health related to infections, OAB, and incontinence

The study of other comorbidities (e.g., obesity, diabetes, and decreased mobility), as well as dietary behaviors, related to infections

The study of women's pelvic floor awareness and function related to LUTS
The study of the microbiome, metabolomics, and proteomics with regard to infections, OAB, and pelvic pain
The role of biomarkers that subsequently can be used to prevent disease
The role of personal factors and need for women to take an active role in understanding their bodies and risks factors for LUTS

IUGA members who presented at the conference include:

Emily "Mimi" Lukacz, M.D., M.A.S., Professor of Clinical Reproductive Medicine and Director, Female Pelvic Medicine and Reconstructive Surgery Fellowship Program, University of California San Diego Health Systems, San Diego, CA

John O.L. DeLancey MD, the Norman F. Miller Professor, Department of Obstetrics and Gynecology, University of Michigan Medical Center, Ann Arbor, MI

A complete summary of the NIDDK Pathway to Prevention of LUTS is available on the IUGA website: **CHUCK: please link attached pdf** to the IUGA website

